

# KISU Paraswimming Stream



For program info, costs, and session dates,  
please visit [kisu.ca](http://kisu.ca)

Still have questions? Contact Naomi Antler at  
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## Para Learn to Swim

KISUs Para Learn to Swim is an inclusive program for young swimmers with physical, visual and intellectual impairments. The focus is on athlete development from an early age where athletes gain physical literacy and build the fundamental skills necessary to be a high performance athlete. This program swims once a week, focusing on water safety skills which allow swimmers to swim safely and reliably. Graduates of this program can continue swimming and join the competitive team, or keep swimming for fun and fitness.

## Level 1 Classification

This classification establishes if your swimmer has a qualifying, underlying health condition. If their impairment qualifies, they are identified as a para swimmer and Code of Exception(s) are allocated as required which support an athlete when they begin to attend competitions.

## Precompetitive - Mini Squad

These swimmers have graduated from Para Learn to Swim to learning to train in a group setting. They will continue to work on developing their skills while working in a group setting.

## Competitive - Juniors and Up

Swimmers will join the competitive team. They will work with the coach to have an individualized schedule and training plan. They will begin attending swim meets.

## Level 2 Classification

At a minimum of 12 years of age and the appropriate skill level, we will request a level 2 classification. The required skills include fundamental skills that we teach beginning in Para Learn to Swim, including floats, rolls and transitions as well as the four strokes.

